



MAKING THE TRANSITION

PARENT ORIENTATION 2018
PRESENTED BY THE OFFICE OF HEALTH & WELLNESS

AGENDA

- The Role of the Office of Health & Wellness
- 8 Dimensions of Wellness
- What to Expect from Your New College Student
- Prevention & Warning Signs
- Intervention Techniques
- Resources
- Questions

WHO IS IN THE OFFICE



**ASSOCIATE DEAN
RAE CHRESFIELD, Ph.D.**

- **Counseling**
- **Mental Health & Wellness**



**ASSISTANT DEAN
MICHELLE HARRISON**

- **Social Work**
- **Public Health**

WELLNESS PEERS



Wellness Peers are employees of the OHW who assist with programming on campus and in the dorms.

Their primary role is to educate students on healthy behaviors and to encourage the integration of wellness into the Mudd culture.

MISSION OF THE OHW

Our Current Mission

To support and co-educate students as they *strive* to find and maintain their work-life *balance* and provide them the resources needed to *thrive* as healthy ethical leaders serving society and the world.

Extended Mission

- Encourage environmental & social support in pursuit of a healthy lifestyle.
- Inspire and encourage individuals to take responsibility for their own health.
- Support a sense of health in the community.

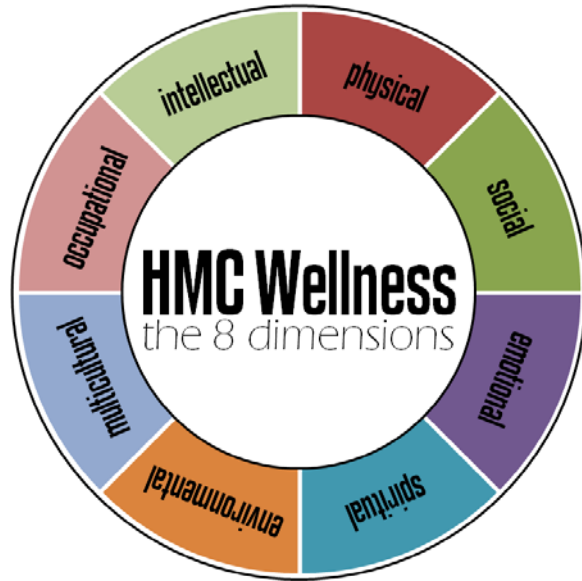
EXPANDING OHW

What Has Historically Been Done

- Psycho-educational programming based on positive psychology
- Crisis management
- Referrals
- Support and advocacy
- Training and mentoring
- International student support

What Else We Do

- Provide diverse health and wellness programming
- Establish & Maintain relationships with mental health practitioners in the surrounding communities
- Teach students flexibility and resilience
- Provide Programs to specific Dorms & Groups
- Collaborate across campuses for additional support, ideas, and relationships.
- Trainings & Info Sessions for Faculty and Staff



- Physical
- Social
- Emotional
- Spiritual
- Environmental
- Multicultural
- Occupational
- Intellectual

SOME THINGS TO EXPECT

- Change in communication pattern
- Increased Stress
- Uncertainty
- Self Doubt
- Certainty that everyone else is doing better
- Frustration

PREVENTION & INTERVENTION

- Prevention
 - Partaking in Healthy Practices before distress
 - Developing Healthy Coping Skills
 - Learning/Exploring what helps
- Intervention
 - Getting support after distress
 - 1:1 sessions with OHW
 - 1:1 sessions with Therapists
 - Group Therapy

OHW PREVENTION

- Weekly Wellness Pop Ups
- Workshops
- Group Fitness
- Seminar Series
- Dorm Events
- Substance Free Parties with Educational Spins
- Decompression Sessions
- Wellness Loyalty Program

**SOMETIMES PREVENTION IS NOT
ENOUGH**

WARNING SIGNS OF DISTRESS

- Difficulty concentrating
- Decrease Decision making skills
- Mood Swings
- Anxiety, Guilt, Sadness
- Overwhelming Negative Emotions
- Impulsive Behavior
- Changes in sleep, diet, energy
- Withdrawal from Others
- Recurrent physical symptoms

INTERVENTION: WHAT YOU CAN DO

- Stay connected.
- Ask questions when you appropriate.
- Familiarize yourself with resources.
- Encourage your student to use them.
- Contact DSA/OHW if something seems off.

INTERVENTION: WHAT YOU CAN DO

- If you student has a therapist at home, explore if continued care is possible.
 - Request recommendations from the therapist regarding how to manage the transition to college.
- Contact your insurance provider to locate a local therapist and/or medication prescriber.

INTERVENTION: WHAT WE CAN DO

- DSA Staff can provide individual support sessions to students.
- Monsour Counseling & Psychological services provides 8 free sessions per academic year.
- Assist in getting students connected to a local therapist.
- Proctors & Mentors check-in on students
- 24 Hour Crisis Response and Intervention

MUDDERS CARING FOR MUDDERS



Mudders Care for Mudders

If you are concerned about a student at Harvey Mudd College, we encourage you to notify the Care Team by submitting information on this form. The Care Team is a multidisciplinary team that works to assist students in need of personal and/or academic support.

A report may be completed anonymously; however, we strongly recommend you provide your name and contact information to allow a Care Team member to contact you should they need additional information regarding the report. Your personal information will be treated as privately as possible when you submit a report.

This form is not intended for emergency reporting. If you are worried about the safety of an individual or the community, please call Campus Safety at 909-607-2000. Campus Safety can connect you with the on-call Dean or call emergency services if needed.

Reporting Party Information

The Claremont Colleges Care Guide

Are you or someone you know in distress?

Yes and there are safety concerns:
Call Campus Safety (909) 607-2000

Yes and I need to speak with a counselor:
Call Monsour Counseling & Psychological Services
(MCAPS) (909) 621-8202 or a Crisis Line

Not sure, but I am concerned: Call Monsour
Counseling and Psychological Services (MCAPS)
(909) 621-8202 or a Crisis Line

No, but the person is having:

- Personal concerns: Call the appropriate dean's office below or MCAPS (909) 621-8202
- Academic concerns: Call the appropriate dean's office below.

7C Campus Resources for Students

Campus Safety	(909) 607-2000
Monsour Counseling and Psychological Services	(909) 621-8202
Student Health Center	(909) 621-8222
The EmPOWER Center	(909) 607-0690
Queer Resource Center	(909) 607-3317
International Place	(909) 607-4571
Office of Black Student Affairs	(909) 607-3669
Office of Chicano/Latino Student Affairs	(909) 621-8044
Office of the Chaplains	(909) 621-8685
Health Education Outreach	(909) 607-3602
Student Disability Resource Center	(909) 607-7419

7C Campus Resources for Faculty/Staff

Employee Assistance Program	(800) 234-5465
-----------------------------	----------------

Crisis Lines

Monsour Counseling and Psychological Services 24/7 crisis line	(909) 621-8202
National Suicide Prevention Hotline	(800) 273-8255
Project Sister	(909) 626-4357
The Trevor Lifeline (LGBTQ+)	(866) 488-7386
Crisis Text line	Text HELLO to 741741
Students of Color crisis text line:	Text STEVE to 741741

Claremont Graduate University	(909) 621-8965 Dean of Students (909) 607-3318 Provost's Office (909) 621-8965 Title IX
-------------------------------	---

Claremont McKenna College	(909) 621-8114 Dean of Students (909) 621-8117 Dean of Faculty (909) 607-3311 Title IX
---------------------------	--

Keck Graduate Institute	(909) 607-7150 Dean of Students (909) 607-7855 Life Sciences (909) 607-0210 Pharmacy (909) 607-9649 Title IX
-------------------------	---

Harvey Mudd College	(909) 621-8125 Dean of Students (909) 621-8122 Dean of Faculty (909) 607-3348 Title IX
---------------------	--

Pitzer College	(909) 621-8241 Dean of Students (909) 621-8217 Dean of Faculty (909) 607-2958 Title IX
----------------	--

Pomona College	(909) 621-8017 Dean of Students (909) 621-8137 Dean of Faculty (909) 621-8017 Title IX
----------------	--

Scripps College	(909) 621-8277 Dean of Students (909) 607-2822 Dean of Faculty (909) 607-7442 Title IX
-----------------	--



HARVEY MUDD COLLEGE

CARE TEAM



STUDENT SUPPORT NETWORK

- Asian American Resource Center
- Queer Resource Center
- Office of Title IX
- Campus Safety
- Muchachos
- Health Education Outreach
- Student Health Services
- Monsour Counseling & Psychological Services
- Office of the Chaplains
- Wellness Peers
- Black Student Affairs
- Student Disability Resources
- Peer Academic Liasons
- Academic Affairs
- International Place
- Social Justice League
- EmPOWER Center
- Chicano/Latino Student Affairs
- Proctors & Mentors

QUESTIONS

